

Breakfast

A close-up photograph of a stack of five golden-brown pancakes. The stack is topped with a generous drizzle of red syrup, a large strawberry, and a blueberry. The pancakes are served on a light green plate with concentric circular ridges. Surrounding the stack are various fresh fruits: sliced strawberries, whole blueberries, and blackberries. The background is a blurred mix of these fruits and some autumn leaves.

Giving Your Body The Best

Rise and Shine

Breakfast is the most important
meal of the day!

Breakfast eaters are:

- More alert
- More energetic
- Quicker to react
- Better students and employees
- More productive
- Less likely to be absent
- Less moody or depressed
- Less likely to overeat

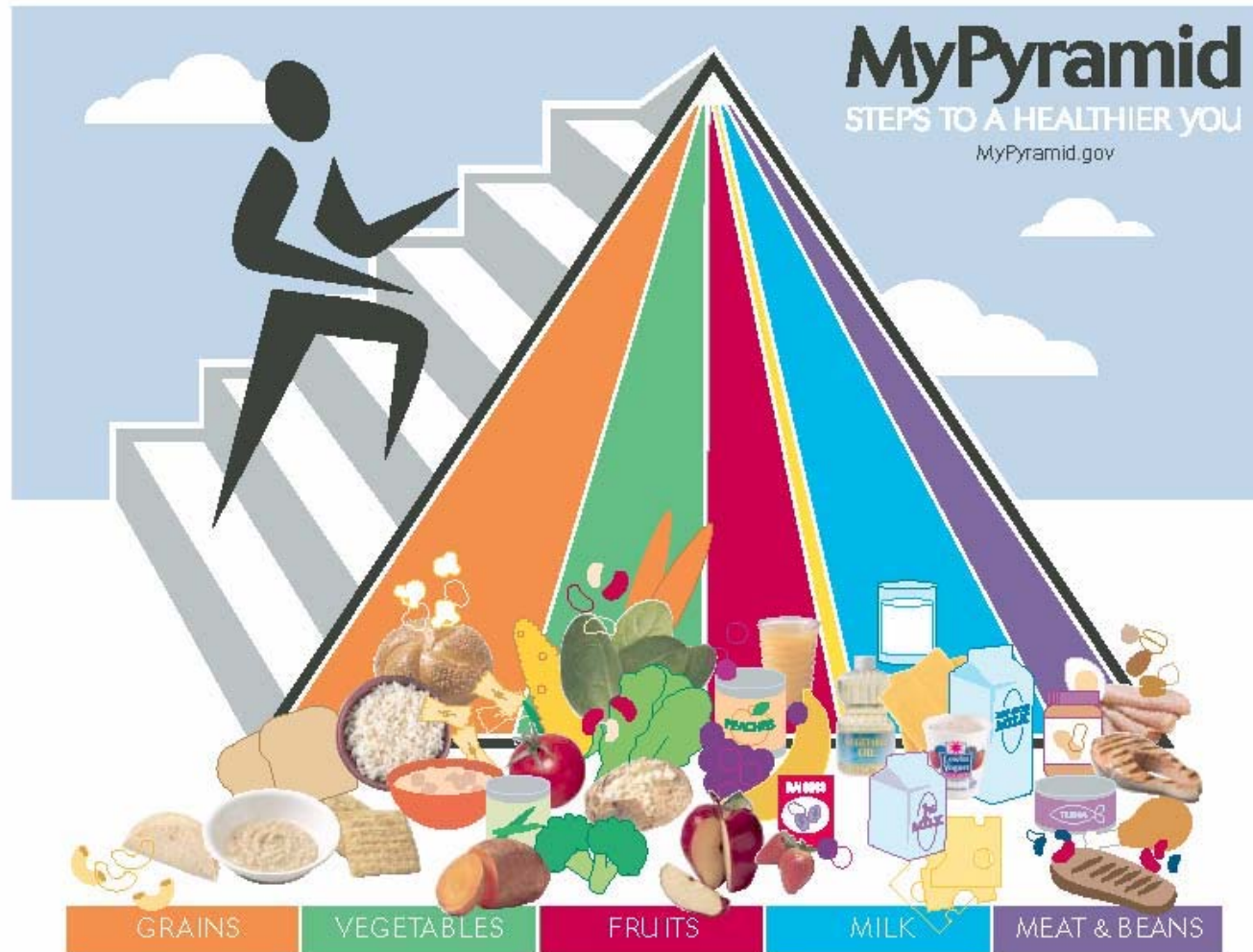


Excuses of a breakfast skipper:

- Slept in
- Short on time
- Not hungry
- Breakfast foods are unappealing
- Dieting



Build Your Breakfast with the Pyramid





Plan Ahead

Provide your family a
nutritious breakfast

Breakfast Quick and Easy

A healthy breakfast can be very
simple to prepare.



Breakfast – Anything Goes

What is the most unusual thing
you have eaten for breakfast?



Citations

- **Reference**

- USDA's Continuing Survey of Food Intakes by Individuals
- WWW.EATRIGHT.ORG
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